

Personal space and life strategies

Perception of the body and perception of external space are two processes which are developed simultaneously in a child, to the extent that the development of the personality is closely connected with the maturation of these perceptions.

It is not surprising, therefore, that the spatial organisation is reflected both in the body and in the psychic organisation, nor, vice versa, that changes at the psychic and personality levels lead to modifications of the surrounding space.

Thus if an individual's personal strategy leads to restrained breathing, it is probable that he will not require much space, and that his identity, compared to his potential, will be restricted. Whereas if a person's breathing is unnecessarily full, his need for space could be exaggerated, frequently to the point where he finds himself occupying others' as well.

J. Tolja – F. Speciani

From the book *Bodythinking*